

February 17, 2004

FREE

University of Alaska Southeast

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The Whalesong

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Southeast Waffle Company

By Sandra Galeana
Whalesong Staff

Julie Patz is a 19-year-old business student who, with the help of her classes and hard work, opened her dream. She created the Southeast Waffle Company, located by the SAC, where anyone can come in, order a steaming hot espresso, eat a delicious waffle, and relax in its homey environment.

With curiosity I decided to ask Julie why she opened this business. She responded, "I live on campus and there is never a good place to hang out, so my friends and I would get together and make waffles."

Realizing that this could be a great idea for a business, Julie decided to try and get a small business loan and create the Southeast Waffle Company. Her friends Ana, LeAnn, Neal, and Kim thought Julie was just joking when the idea came up one night while they were eating waffles. However, once Julie found a place and received the loan, they all decided to chip in and help her out.

Though waffles are Julie's main food course she also sells espressos and other drinks to enjoy. Julie also wants to sell

See "Waffles" on pg. 9



Photo credit: Emily McLean

Dawson construction workers construct the foundation for the full court gymnasium. Construction for the new REC center may be ahead of schedule, possibly opening in December 2004 rather than the anticipated Fall 2005. Watch for an update on the REC center in the next issue of *The Whalesong*.

Lightning Strikes at UAS:

Profile of Physics Professor Matt Heavner

By Melissa Adams
Whalesong Staff

Ever wonder why bats are such a rare site in Juneau? Or about the even more extraordinary occurrence of lightning in Southeast Alaska? For answers to your questions, look no further than to our own Environmental Science department and the latest addition to the faculty, Professor Matt Heavner. With his background in atmospheric physics and sensory monitoring systems, his current and future projects at UAS may lead to a better understanding

of these largely unexplored natural phenomena.

All it took was a love of physics and an undergraduate research experience studying the density of the earth's crust to spark Heavner's pursuit of a Ph.D. at the University of Alaska Fairbanks. In 1994 the study of lightning occurrences struck a cord with the physicist-in-training. His timing was just right and as a graduate student at UAF he had the opportunity to work with lightning guru Davis Sentman when the study of global lightning activity was reaching new horizons. "There was a brand new type of lightning-sprites and jets just being discovered," says Heavner.

Sprites and jets are brilliant bursts of light that occur above thunderstorms. While processes in the upper atmospheres typically occur on a timescale of days to months, the speedy sprites and jets allow for a glimpse into the energy dynamics of the atmospheric region. "My thesis was primarily documenting the optical spectra of the light in sprites and jets, and using that knowledge to understand how much energy a typical sprite or jet may dump into the middle and upper atmosphere," describes Heavner. The bursts of energy allow researchers to monitor the atmosphere for effects from global change, such as the thinning ozone layer that lies in the middle atmosphere.

For his postdoctoral research, Heavner traveled to the Los Alamos National Laboratory second most lightning occurrences in the United States behind Florida. There he worked on research pioneering the use of two

See "Lightning" pg. 5

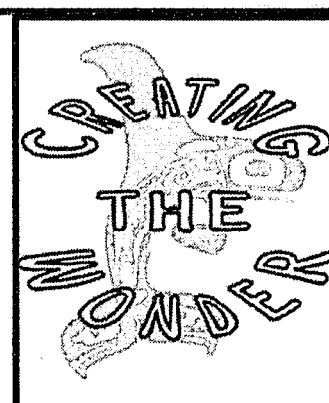
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Traveling Paradise

Stepping off of the small plane the warm breeze hits your face. You breathe in the salty air as ...

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Calling all leaders

Many students attend college in hopes of furthering their education both in and out of textbooks. February 28 ...

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Help for the Weary

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2004
OVERSIZE

EDITORIAL & OPINION

The Whalesong

The student voice
of UAS

Editor
Emily McLean

Advertising Manager
Korey A. Inman

Production Manager
Angela J. Perez

Staff Writers
Tatiana Unciano
Melissa Adams
Misty Stein
Sandra Galeana
John S. Sonin
Josh Reeder

Contributing Writers
Daniel Griffin
Kaci Hamilton
Stuart Thompson

Adviser
Kirk McAllister

Technical Consultants
Mary Arnold
Dave Klein

Printing
Juneau Empire



Website:

www.uas.alaska.edu/whalesong/
E-mail: jyw@uas.alaska.edu

Mail: The Whalesong
11120 Glacier Highway
Juneau, AK 99801

Newsroom: 102 Maurant Bldg.
Phone: (907) 465-6434
Fax: (907) 465-6399

The University of Alaska Southeast student newspaper, *The Whalesong*, is a free bi-monthly publication with a circulation of 1000 copies per issue. The Whalesong's primary audience includes students, faculty, staff, and community members.

The Whalesong will strive to inform and entertain its readers, analyze and provide commentary on the news, and serve as a public forum for the free exchange of ideas.

The staff of *The Whalesong* values freedom of expression and encourages reader response. *The Whalesong* editorial staff assumes no responsibility for the content of material. The views and opinions contained in this paper in no way represent the University of Alaska, and reflect only those of the author(s).

Please be cautious when on the roadway

Dear Students:

I live in the Auke Bay area and spend a lot of time driving around the UAS campus, Glacier Highway, and Back Loop. There are often people walking or running along the roadway. Unfortunately most of these people are not very visible in our dark winter conditions, creating a potentially dangerous situation.

Some suggestions that would help prevent an accident that could ruin many lives are:

- Wear light colored clothes, if possible.
- Add reflective tape to outer garments and backpacks in very visible places.
- Carry a flashlight in the hand closest to traffic. If you do not have a flashlight, a white handkerchief or even a piece of white paper carried in that hand will make you more visible.
- Stay as far off the roadway as possible and always walk facing traffic. Remember that on foot you often have more control than a moving vehicle on a icy or snowy road.

Another concern is people driving "Juneau gray" cars without using their lights. Even though it is daylight, they blend right into the highway and dirty snow along the side of the road.

Someone had a large variety of colorful blinking lights that could be worn on the body in varying ways at the Public Market. Maybe the UAS Bookstore could find some of these to sell.

Thanks for your consideration of my concern,

Beth Belflower
Concerned resident

Two questions for elected public servants:

The willingness of elected public servants is vital

Stuart Thompson
Whalesong Contributing Writer

Based on recent news about Alaska legislative doings, it now seems certain that the upcoming legislative session will be quite difficult, and even savage. For example, there are the sanctions levied against Rep. Bob Lynn for just one instance of voting against his political faction's orders. Consequently, all of Alaska's elected public servants deserve to be publicly asked two questions of conscience. But first, let me justify why.

Willing or careless ignorance by human beings is humanity's worst enemy. This is a self-evident maxim from the history of mankind. Accordingly, two further assertions about politics become obvious.

1) Ignorance of works of wisdom and the examples set by our political predecessors, and refusing to personally look and listen is the main source of all failures and poor results in government.

2) There is no more powerful a tool for domination and oppression in a democratic society than the overwhelming impact of the silence and the inattention of people who don't care. Furthermore, Justice William O. Douglas, in his *An Almanac of Liberty* (page 258), observed the following:

"Men have never been willing to collaborate in the parliamentary tradition when political contests have become wars of

extermination. In 1953, Walter Lippman described how in the Old World great nations declined and fell when the people became irreconcilably divided among themselves, when politicians became enemies and, instead of trying to win elections by open debates, devised schemes to destroy one another. Mr. Lippmann added:

"In the democracies that are foundering, and there are many of them, the underlying bonds have been ruptured which hold men together through all their differences in one community. The parties deny the good faith and loyalty of the opposition. Partisanship is a license to outlaw and ruin political opponents. When such a rupture of faith and confidence has occurred, democratic government and free institutions are no longer workable."

Free men have found no alternative to tolerance for opposing political ideas. There is the beginning of the end of liberty when a difference of opinion becomes confused with treason or disloyalty. The strength of the parliamentary method is in the contest for men's hearts and minds, with both majority and minority content to abide the result."

Regardless of political party, such a rupture in faith and confidence is appearing in Alaska (there is no doubt about the Lower

48). You see it in the increasing "polarization" of Alaskans (and those they elect) against each other. You see it in mocking political label slinging to shut people up. You see it in the neglect of legislative collaboration through collectively referring to wisdom and experience about government — found in library reference sections and via the Internet. You see it in the rise of domination and intimidation as methods of choice in the Legislature and even in the Executive Branch. You see it in how government leadership strategy has degraded into whether one political party can win the governorship and a majority in the Legislature at the same time.

So this citizen asks each of our elected public servants two questions of conscience.

1) What are you personally and collectively going to study for sufficient capability to guard Alaska from the betrayals attacking the practicing of our form of government?

2) Is your willpower and continuing education strong enough to resist the political temptations to rely on force and prejudice for getting things done faster and easier?

Opinion

Ethics notice for public servants and their aides

Stuart Thompson
Whalesong Contributing Writer

Are you a VICTIM of political blackmail; of intellectual bondage, of willingness beatings, of initiative suppression; of conscience torture, or of honor rape? Overcome the lie that your sufferings in politics are "just the way it is". Succumbing to fear of retribution for whistle-blowing just strengthens your victimizers. Report protected evidence of political barbarities and other ethics violations to your Ethics Committee TODAY! For encouragement, consider these profiles of differences between constructive and destructive political behavior:

The Union: Who are its real Friends:

Not those who charge others with not being its friends, whilst their own conduct is wantonly multiplying its enemies.

Not those who favor measures, which by pampering the spirit of speculation within and without the government, disgust the best friends of the Union.

Not those who promote unnecessary accumulations of the debt of the Union, instead of the best means of discharging it as fast as possible; thereby increasing the causes of corruption in the government, and the pretext for new taxes under its authority, the former undermining the confidence, the latter alienating the affection of the people.

Not those who study, by arbitrary interpretations and insidious precedents, to pervert the limited government of the Union, into a government of unlimited discretion, contrary to the will and subversive of the authority of the people.

Not those who avow or betray principles of monarchy and aristocracy, in opposition to the republican [1] principles of the Union, and the republican spirit of the people; or who espouse a system of measures more accommodated to the depraved examples of those hereditary forms, than to the true genius of our own.

Not those, in a word, who would force on the people the melancholy duty of chusing [choosing] between the loss of the Union and the loss of what the union was meant to secure.

The real Friends to the Union are those:

Who are friends to the authority of the people, the foundation on which the Union rests? Who are friends to liberty, the great end, for which the Union was formed? Who are friends to the limited and republican system of government, the means provided by that authority, for the attainment of that end? Who are enemies to every public measure that might smooth the way to hereditary government? For, resisting the tyrannies of which the Union was first planned, and for more affectually excluding, it was put into its present form.

Who, considering a public debt as injurious to the interests of the people, and baneful to the virtue of the government, are enemies to every contrivance for unnecessarily increasing its amount, or protracting its duration, or extending its influence?

In a word, those are the real friends to the Union; who are friends to the republican policy throughout, which is the only cement for the Union of a republican people; in opposition to a spirit of usurpation and monarchy, which is the menstruum [2] most capable of dissolving it."

NOTES: [1] Referring to a type of government, not to a political party [2] A universal/general solvent in which other things are dissolved or lose their separate identities. Source: James Madison — in the *National Gazette*, April 2, 1792, reprinted in "Madison Writings" published by the Library of America 1999.

United Students of UAS

The beginning is the most important part of work

By Kaci Hamilton
President of the United Students of UAS-JC

Philosophy buffs may argue that Plato was up to his brilliance again when he made the observation that "the beginning is the most important part of work." Some may argue that he was just crazy! Nevertheless, I believe him. You can't get anywhere without a beginning.

The year for the United Students of UAS, your student government, started off to unsure prospects. With a new president and a handful of senators who were aware, but a little wet behind the ears, it was looking like a rocky ride. But I made a plan. My goal as president was to go for the jugular: attacking the student apathy that plagues UAS and working to maintain a high standard of visibility.

We began by funding Adrian Louis and Kevin Max, acclaimed writers, who came

to speak for the benefit of students. We provided Halloween Spook week, with 5 days of Halloween activities. We brought back the midday musician, revived the UAS student government information board and suggestion box and offered multiple amenities: swim passes, Perseverance flex passes, student travel disbursements, bus passes, student government scholarships and the most important amenity, our listening ear. And this semester, with spring creeping up, we haven't stopped working toward that goal.

By request, student government will be replacing the clock in the cafeteria and working on the installment of a bench at the Egan library bus stop. All the passes and travel disbursements are still in place and we now have coffee, tea and hot chocolate available, completely free, in our office. I encourage all students to swing by, grab a

See "United Students" pg. 9

THE POLITICAL BULLY'S CREED

I promise to know "best" at all times, regardless of the facts.

I promise to carefully fake listening to others to look good.

I promise to find information sources using my prejudices.

I promise to insist all politicians join a faction to get along.

I promise to cater to political big shots to obtain my power.

I promise to promote that prejudices can never be overcome.

I promise to support executive orders over legislative debate.

I promise to promote force as more effective than cooperation.

I promise to appease citizens by appealing to their selfishness.

I promise to enforce who you know rules and what you can do.

I promise to avoid owning up to error through plausible denials.

I promise to cherry-pick religion & philosophy to justify myself.

I promise to interpret constitutional law for my faction's benefit.

I promise to use emergencies to acquire more discretionary power.

I promise to hide mistakes arising from discretionary use of force.

I promise to honor only the symbols of representative democracy.

I promise to remember that being a political bully is the only way.

Student Government hopes to help U of A strategic plan

By John S. Sonin
Whalesong Staff

UAS Student Government is poised to host this year's "Legislative Affairs Conference" from February 21 through the 24. Student leaders from around Alaska will converge here for two days of seminar-discussion and motivational speeches before being released on the Capitol to aid in securing "full funding" as opposed to "flat funding" for the University of Alaska.

Despite twice attempting to allocate a higher budget percentage for what University President Mark Hamilton has called the "University of Alaska System's, Strategic Plan 2009," Representative David Guttenberg (D-Anchorage) was shut down by the majority last March when he offered two amendments to a House Finance Subcommittee on the University budget.

The first request, of what our Board of Regents sought was \$13.6 million, the second, \$10.35 million, an amount no doubt rhetorically proposed by our governor. However, both amendments failed 3-2 along party lines in subcommittee.

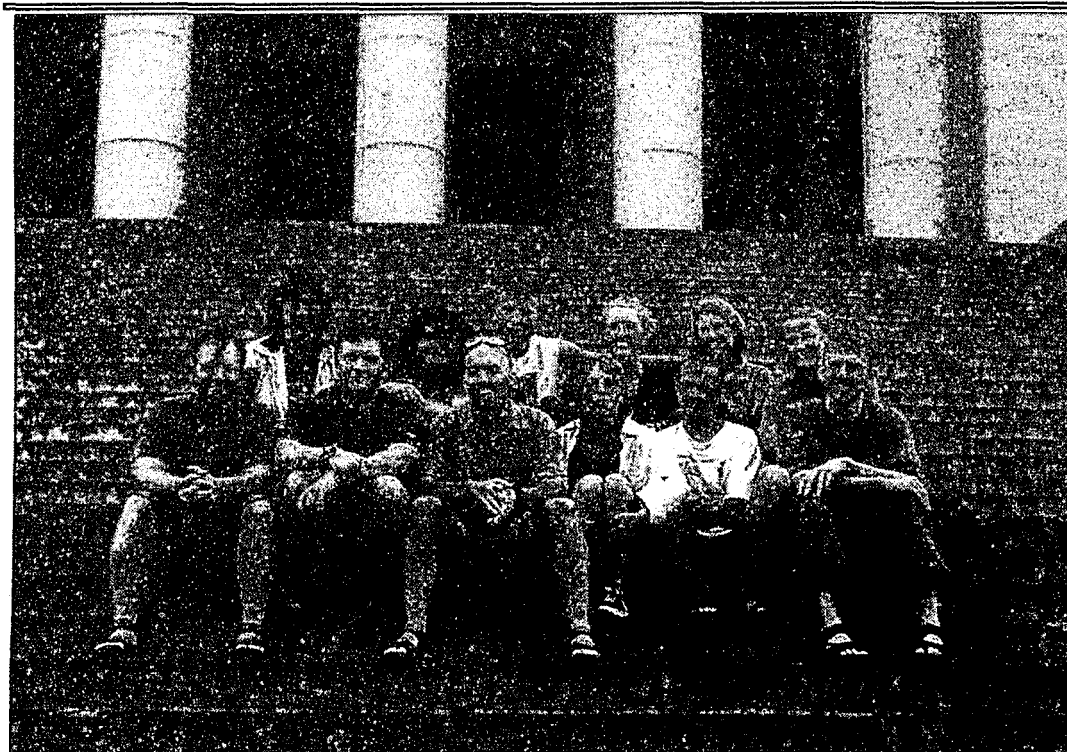
Instead, the majority decided to keep funding flat, which in actuality meant a reduction in the university's budget — for the Republican majority has subsequently proceeded to decrease funding for the Alaska Science and Technology Foundation (ASTF) by \$2.3 million. It looks like our student leaders really have their work cut out for them!

Representative Allen Kempen, another Democrat from Anchorage and a UA graduate, recently expressed dismay that the majority intends to "cut \$50 million from the

See "Student Government" pg. 4

Opinion

News & FEATURES



Students and faculty pose in Cuba's capital city, Havana.

Photo by Terry Brown

Travel Paradise for Credit

By Misty Stein
Whalesong Staff

Stepping off of the small plane the warm breeze hits your face. You breathe in the salty air as you watch the sun fading behind some distant palm trees. Sounds like paradise? Well what if you could go there and get 3 upper division course credits? Every year, the Language (sometimes bonded with the Archeology) Department tries to take a trip to Central or South America (Ecuador and Peru were 2 previous destinations). This semester the course was entitled "The Language and Culture of Cuba" and it involved a 29 plus day touring visit of the island of Cuba that began on December 12, 2003. This three credit course involves traveling the major historical sites of Cuba, including the capital, Havana (Where the picture was taken). Ten students and two instructors made up the traveling posse.

So surely all of this is going to cost me, right? Well, it's true. But after talking to

Terry Brown, one of the Cuba-traveling students and the beneficiary of the photo, it is WELL worth it! Each student has to pay for his/her own airline ticket, plan for about \$20 dollars a day (not including souvenirs), plus the tuition and fees. The students get along cheaply by staying in *casas particulares*, which are government authorized family homes, whenever possible. This was the second UAS trip to Cuba, and was deemed a successful one, according to Arlo Midgett, assistant instructor on the Cuba trip (and also a UAS employee as a Digital Media Specialist).

So the next time you think of spending your Christmas Vacation outside of snowy, rainy Juneau, consider getting 3 credits for doing so! Of course, the trip isn't always in Cuba, but you can be sure to have plenty of sunshine, heat, and little umbrella drinks mixed with experience in another language and culture! For more information, contact the Language Department or check the spring course listings.

Help The Whalesong start a Classified Ads section in the paper! Submit your ads for our next issue by February 26th via email at

jywhale@uas.alaska.edu

or

drop them by the office or call 465-6434.



Creating future leaders

Tatiana Unciano
Whalesong staff

Many students attend college in hopes of furthering their education both in and out of textbooks.

February 28 marks such an educational venture, the second annual UAS Leadership Summit. Jamie Atkinson, a fourth-year student and former vice president of Student Government at UAS, takes the helm as Leadership Summit Coordinator for the second year.

The theme of this year's summit is "Creating the Wonder." Atkinson states that the goal of the leadership summit is "to get current leaders, future leaders, and people who are interested in leadership positions, together."

The summit is open to all students attending not only the University of Alaska Southeast, including the Sitka and Ketchikan campuses, but to high school students attending Juneau Douglas High School (JDHS) as well.

The Leadership Summit is a mixing pot full of leadership opportunities. "The summit is also for people to enhance leadership and communication skills," states Atkinson. He hopes that students attending this year will walk away with more confidence to overcome any obstacle and jump at any opportunity that may present itself.

Troy Stende, the Leadership Summit's opening keynote speaker, has motivated thousands of students in as many as 30 states, even crossing over into other cultures and countries, motivating many more in his wake. Stende and his wife Karin will be just two of the 11 speakers and presenters at this year's summit, presenters stemming from JDHS, UAS, and Sheldon Jackson faculty and staff.

With the first annual UAS Leadership Summit "meeting or exceeding expectations" as recorded by those 75 students in attendance, Atkinson and all the faculty and guests present at this year's summit anticipate that this year will be no different.

If you wish to register for the Leadership Summit please RSVP by 5 p.m. Saturday, February 21 by accessing the website at <http://uashome.alaska.edu/~jsjda3/Summit2004> and registering online. Registration is free for all students attending any UAS campus or JDHS.

Student Government continued ...

could be a more callous public policy then pitting one educational "component" against another! I can't even begin to grasp the logic!

It reminds me of the "nearing-completion," 1st Session of this 23rd Legislature when a Democratic Representative from Bethel was nearly brought to tears by the icy attitude that refused her amendment to fund instrumental education programs, even for the often unsupervised pre-school children in her district, yet the majority still found the wherewithal to provide money for something as silly as "shuffle board programs for seniors," in a Republican's district.

Educating all our children and young adults is like creating critical infrastructure for the State of Alaska. Juneau's Democratic Representative Beth Kertula, qualified this assertion when asked what she thought about the subject, "The University has really come into its own in the last decade. The great professors and enthusiastic student body are really a tremendous part of our state," Kertula said. "To give them less than full funding is a terrible mistake. If we don't support the



Lightning continued ...

systems to monitor global lightning: the Los Alamos Sferic Array (LASA) coupled with FORTE satellite observations. LASA is a multi-sensor monitoring array that stretches in range from the Midwest to Florida, observing the occurrence of different lightning types. The use of "ground-truth" data with satellite observations allows researchers to monitor lightning over oceans and also intracloud lightning activity.

"For every lightning discharge that connects to ground there are approximately nine intracloud lightning discharges," says Heavner. Heavner and his colleagues at Los Alamos are hot off the press, with a paper just published in the journal *Geophysical Research Letters* on the occurrence rates of a new type of intracloud lightning called compact intracloud discharges, aptly named for their great intensity in a small package.

Though Heavner did miss the one lightning flash in Juneau over the past six months while out of town, he is very excited about continuing his research passion for lightning occurrences while at UAS. Collaborating with Ph.D. advisor Sentman of Los Alamos, the two are developing an improved radio detector system in Alaska. The system is extremely sensitive, measuring low frequency electromagnetic signals from lightning. According to Heavner, "the strongest signals can travel all the way around the world, two or three times," and the new design allows for a more accurate

detection of global lightning activity. Since the aim is to detect distant signals, places like Juneau with little local lightning are actually ideal to monitor global lightning. Close strong signals would make it difficult to detect far-away lightning occurrences.

His interest in geophysical monitoring has also crossed over into another field that UAS has received great acclaim for: glaciology. With the Mendenhall Glacier as an icy laboratory in our backyard, Heavner is currently helping researchers, including UAS professors Roman Motyka and Eran Hood, to study glacial mass balance, flow rates, and hydrology. Mass balance can be thought of as the bank snow balance of the glacier, or "how much snow is accumulating versus how much ice is melting."

The sky is the limit for undergraduate UAS students to work with Heavner on one of his research projects. He will also mentor

"Knowledge about bats is important ..." -Matt Heavner

a student this upcoming summer on a project focusing on bioacoustical studies of bats in Southeast Alaska through the National Science Foundation Research Experience for Undergraduates (REU) Program at UAS. Bats emit high frequency chirps to navigate and search for food. The REU student will work alongside Heavner to develop a network of bat sensors using special microphones and records to record signals onto a computer. Counting chirps will allow for monitoring of bat activity as well as poten-



Professor Matt Heavner on site at the Mendenhall Glacier, assists in glacial monitoring research with UAS Faculty Roman Motyka.

tial identification of the bat species in the area.

Such research has great ecological implications, as very little is known about the population size, geographic range, and relative importance of varying habitat for the six species of bats previously identified in Southeast. As Heavner says, "Knowledge about bats is important because the relationship between the bats, caves, and forests in Southeast Alaska is a complex one which is poorly understood."

For more info:

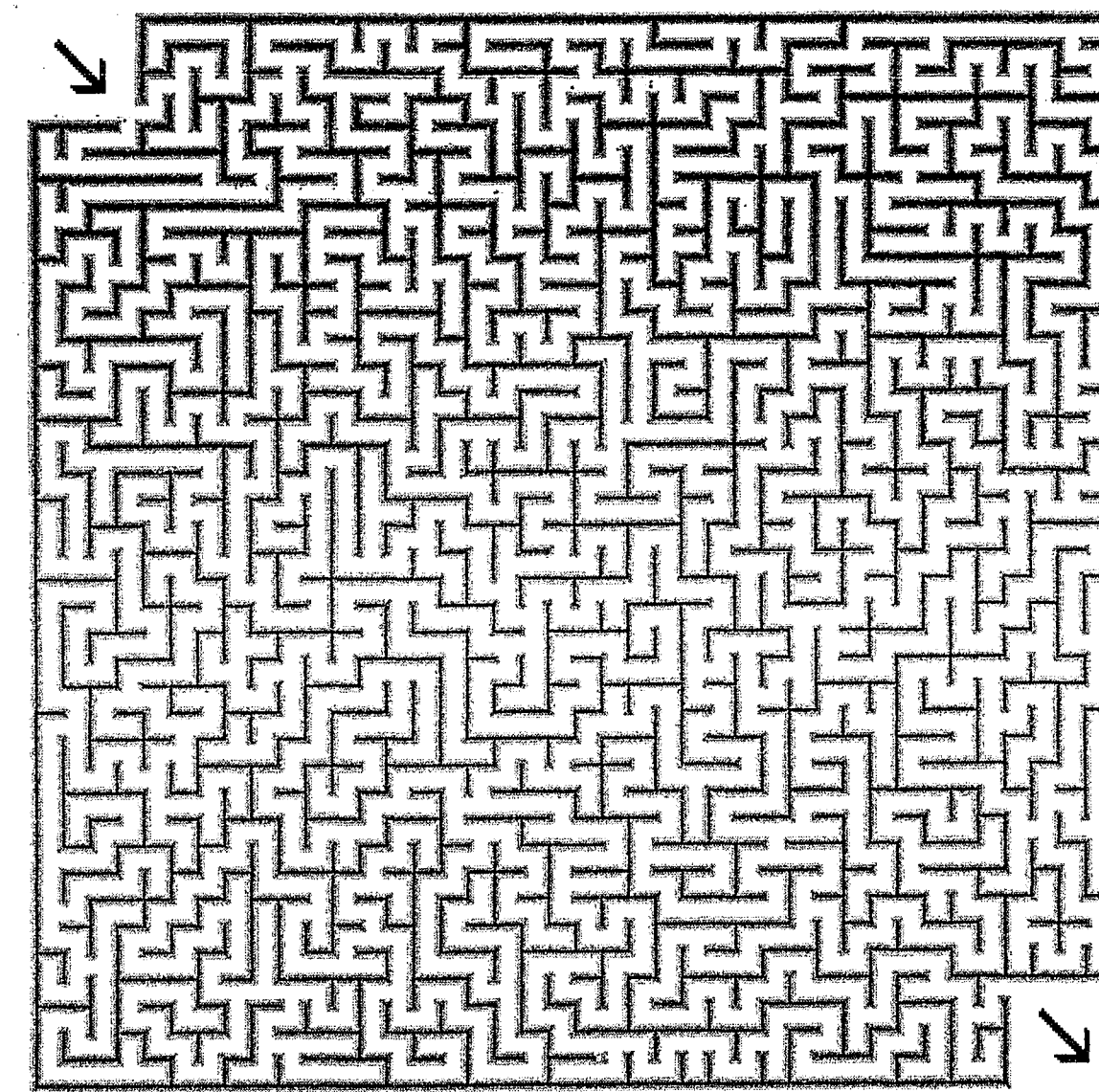
From monitoring bat populations to observing lightning activity to studying the Mendenhall glacier, Heavner's research offers much for a student interested in atmospheric physics. Students can contact him directly at "right" matt.heavner@uas.alaska.edu or to learn more about the UAS REU program visit the website at <http://www.jun.alaska.edu/uas/biology/REU03b.html>. Applications are still available for the 2004 REU Program. REU Students working with Heavner will have the chance to help with digitization and analysis of bat chirp recordings as well as venture out into the field to record bat calls in the Juneau area.

Kid's Corner

Fill in the missing numbers!

Use the numbers 1 through 9 to complete the equations. Each number is only used once. Each row is a math equation. Work from left to right. Each column is a math equation. Work from top to bottom.

	-		X		3
+		+		-	
	+		-		13
-		+		X	
	X		+		27
10		18		-18	

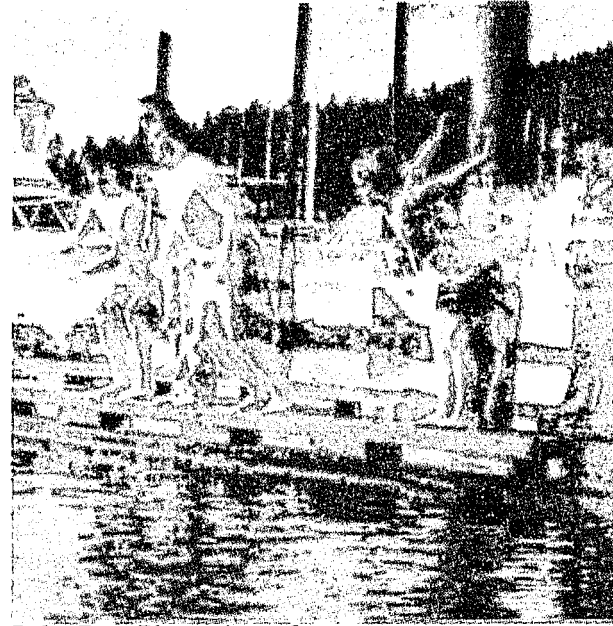


The Whalesong will be accepting articles, stories, and artwork from children of UAS students, staff, and faculty for the Kid's Corner section. Please drop off submissions in the Whalesong office or to Sahra Clark at the Activities and Housing desk of the lower floor of the Mourant Building. Please include with the submission the child's phone number, address, name of the parent who attends UAS, as well as a photograph in an envelope with "Whalesong: Kid's Corner" written on it. For questions please call Emily McLean at (907) 465-6434 or email at jywhale@uas.alaska.edu.

Winterfest



Polar Bear Plunge jump 1



Polar Bear Plunge jump 3



Mike Pando runs out of the icy cold waters of Auke Bay Harbor



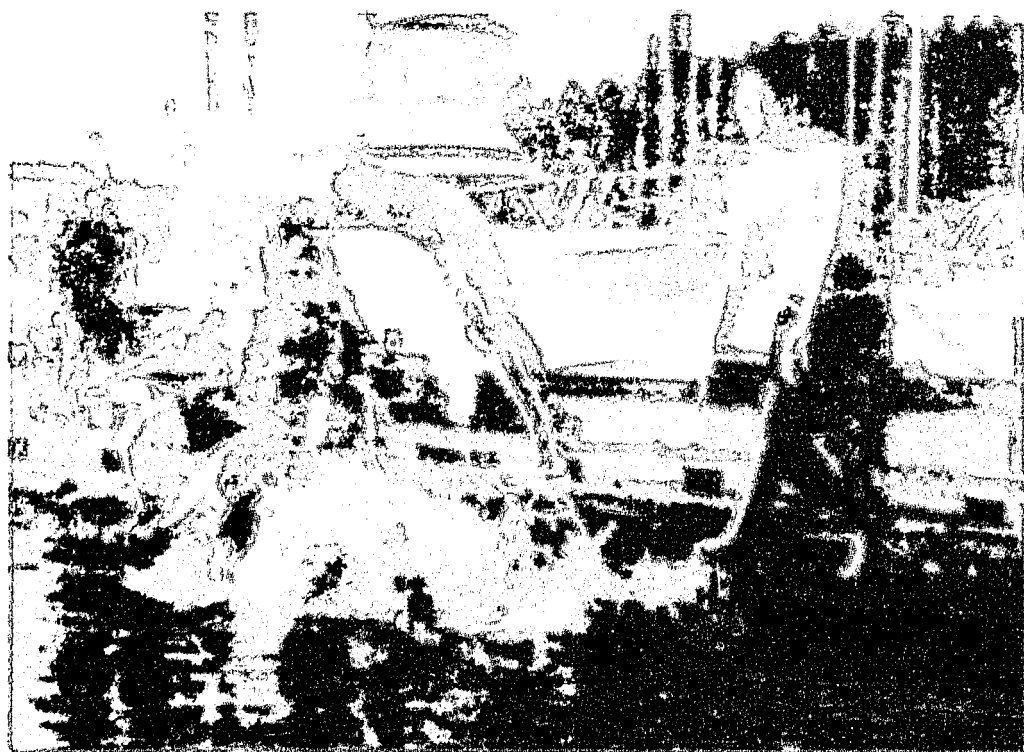
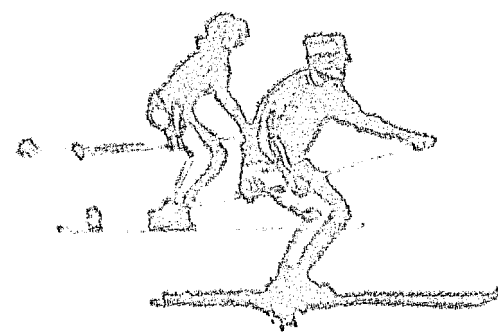
Polar Bear Plunge jump 2



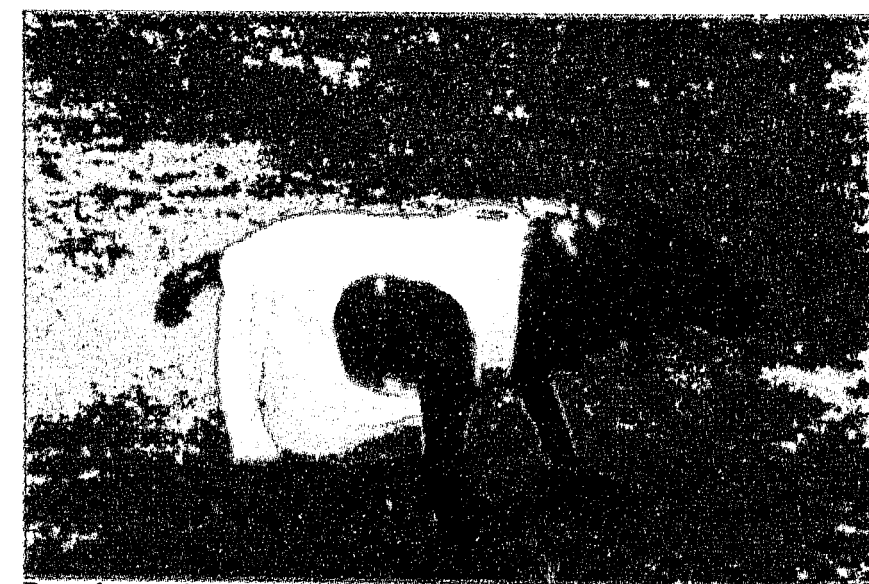
Polar Bear Plunge jump 4



Kaci Hamilton shows off her costume



Polar Bear Plunge jump 5



Bear, the new housing lodge dog, emerges from the water

Smile! You're on campus camera



Mike Ciri, Carol Griffin, and Cody Bennett smile after their excursion



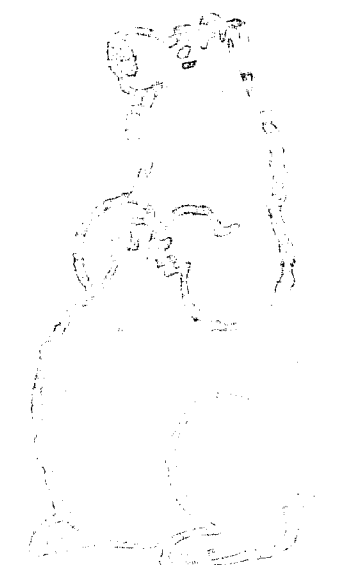
A group of UAS students having fun at the Channel Bowl



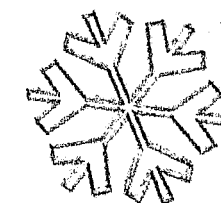
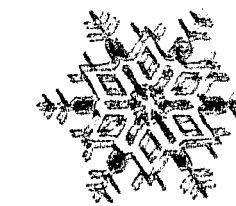
Frank in action at the Turkey Bowl



Kaci Hamilton prepares to roll the ball



Jamie sets up the pins





Summer Job Fair

Wednesday,
February 25th
10 am to 4 pm
Lake Room,
Mourant Building

**Don't Miss this opportunity to
meet with employers. It's a good
idea to bring your resume!!**

For more information please contact Career Services at 465-6368 or lynn.uhl@uas.alaska.edu

Campus & Community



Wendy Smith, PA-C, is ready to help cure what ails you.

Photo by Misty Stein

Help for the Weary

Misty Stein
Whalesong Staff

With the semester already almost half way over I know I'm not the only one who is feeling the stress. Is your throat sore? Is your nose runny? Never fear, I have a solution! For the last 13 years, unbeknownst to many of us students, we have had medical help available on campus!

That's right! Wendy Smith, PA-C, is here for our medical needs. Not only does she treat general illnesses (colds, flu, etc.) but she also offers a variety of things we students should not take for granted, but use to our health. She offers various types of birth control, testing for STD's, student health insurance, as well as women's health care. Since last fall Smith has been at UAS, taking the place of long, but loved, retired Katie Goodwin. You can call Wendy's office at (907) 465-6260 or e-mail her at wendy_smith@health.state.ak.us. She takes appointments as well as walk-ins. She's just aching to help your 'aching', so drop by her office in the Novatney Building (across from Records and Registration.) and say hello!



Fight Fatigue

By Angela J. Perez
Whalesong Fitness Columnist



Are you feeling weary, overloaded, unable to concentrate, or just plain old tired? Fatigue (a chronic feeling of tiredness) affects almost everyone and can be brought on by a myriad of reasons such as depression, worry, boredom, being overworked, and even lack of exercise. You can fight fatigue by getting proper rest, eating a balanced diet and exercising on a regular basis.

- Getting your eight hours every night can be hard to do, and some people have found that eight hours of sleep is either too much or not enough for their particular needs. But whether your body requires seven or ten hours of sleep, you need to meet the proper goal for you in order to help fight fatigue.
- Eating right is important to everyone, especially people who are under stress to complete projects and meet deadlines. Eat a healthy combination of carbohydrates, proteins and fats and be sure to carry healthy snacks with you to keep your energy level up throughout the day. Raisins, almonds and tuna are just a few foods that help to boost your brain's alertness, and a cup or two of coffee helps with alertness as well, but be aware that too much coffee can actually *cause* fatigue.
- Exercise increases your level of energy and it raises your body's endorphin levels (endorphins are chemicals in the brain that help lift your mood). When you're tired, I know the last thing you want to do is exercise. But it's important to have a consistent aerobic routine for 20-30 minutes at least three times a week. If you are new to the idea of exercise (or just crunched for time), start with walking for 10 minutes every other day and gradually add more minutes until you are walking or doing some sort of aerobic activity for a total of 30 minutes three days a week.

Feeling fatigued can be a natural side effect of college and homework, but by following these simple strategies you can help fight it! Please note: If you are continually feeling like you have been run over by a truck from the time you get out of bed, or if your fatigue is accompanied by muscle soreness, it is best to consult with your physician in order to rule-out any serious conditions like chronic fatigue syndrome or fibromyalgia.

Angela J. Perez is an NAAFP certified Health and Fitness Specialist. You can contact her with your health and fitness related questions at goaskang@yahoo.com. Always seek the advice of a physician before starting a new diet or exercise program. Sources: Encyclopedia of Sports & Fitness Nutrition.

Campus Poll

By Sandra Galeana, Whalesong Staff

Is there anything you do, or do not do, on Friday the 13th?



Cate Lorenz

I don't do anything. I am not superstitious.



Darrellene Karlson

That is a freaky day. I don't watch scary movies.



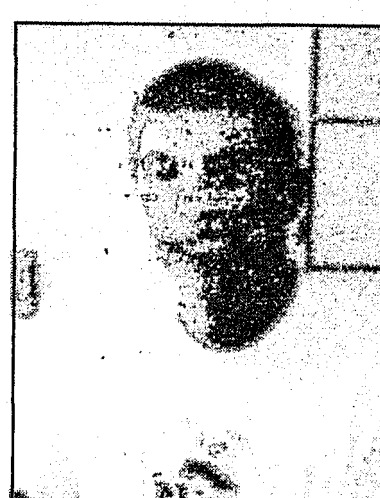
Dustin Endicott

I go out and scare little kids.



Jenifer Ellingson

Absolutely Nothing. I take no precautions.



Skye Endicott

I put skeletons in the girl's bathroom.

Informed-Traitor advice

Hello, my name is Miss Informed and my partner is InfoTraitor. He and I will be doing this advice column so that an inquirer will get two viewpoints, one from a female and one from a male. Please realize what is said in these columns are only suggestions and for entertainment only. The inquirer must decide to use the advice using his/her own judgment.

Miss Informed and InfoTraitor

Forgotten Valentine

Dear Informed Traitor:

I waited for my boyfriend to give me a romantic time for Valentine's Day. However, I never received a call, flowers, or special candy, so I called him to find out what was going on. He told me he forgot it was Valentine's Day. How can he forget? Every time you go into a store there are hearts and candy all over the place. I just don't know what to do with him. Could this be a sign that he doesn't love me?

A Forgotten Valentine

Dear Forgotten Valentine:

It sounds to me that he doesn't take your relationship seriously. Forgetting Valentine's Day is an excuse that is hard for even me to believe. Like you said there are all kinds of signs to remind a man that this is a special day. Personally I would dump the man. It is obvious that you can do better. However, love is a strong bond. If you think this was an honest mistake, talk to him. Find out what is going on in that head of his and how he forgot such an important day.

Miss Informed

Dear Forgotten Valentine:

He doesn't love you? Not necessarily, it could be a sign that your man is a hermit or an airhead. But what can I say? He's not the most observant fellow, and he's not the most thoughtful. You should consider how important it is for you to have a guy who will remember holidays. If this were a one-month anniversary I'd have to take his side, but this is Valentine's Day, and even if it seems like a dumb Hallmark holiday you can't forget about your girl on Valentine's. So here's my best advice, he may be a great guy, but you should definitely remind him a couple of times before your next birthday.

Peace I'm out.
OI' Pappa Info Traitor

P.S. I just want to say to all our fans, thanks for the props. We really appreciate your letters, so keep um coming. Peace.

Write Informed-Traitor:

If you would like to submit a question you can email it to:
informedtraitor@yahoo.com

or place your questions in the box outside of *The Whalesong* office.

In love with his car

Dear Informed Traitor:

My girlfriend says that I spend way too much time fixing my car and not enough time with her. She also said that if I don't start giving her more attention that she would leave me. Surely you understand the need for a car that works here in Juneau. How can I make her understand this need?

The Mechanic

Dear Mechanic:

I can definitely understand the need for a working car here in Juneau. It is one of those things that are almost mandatory to have unless you want to take the bus, a taxi, or walk. However, if you are spending so much time on your car that your girlfriend feels alone then maybe you should reevaluate how you spend your time. Put a time each day for the car and the rest can go to your girlfriend. Right now she feels like she is second in your life and she should be first.

Miss Informed

Dear Mechanic:

Correct me if I'm wrong, but I always thought you get a nice car and that's how you get the girl. Now if you really are spending ALL of your time on your car maybe you should make a little time for her, but if you are just doing repairs or even a little hotrod work tell her to let you be. For a healthy relationship couples need some time apart and if you like to spend your free time with your ride that's your own business. If your girl doesn't understand at least you still got a nice car. I'd be willing to bet that with that going for you you'll have good luck with a more understanding lady. I hope it works out for you and I'll see you on the road (I drive the whip with twenties and a diamond in the back).

Peace I'm out.
OI' Pappa Info Traitor

UAS February Events

20th Climbing Competition, SAC, starts at 1p.m.

25th Summer Job Fair, Lake Room, 11a.m.to 4p.m.

27th Winter Dance, SAC 9:30p.m. to 1a.m.

26-28th Vagina Monologues, SAC, 9p.m.

28th UAS Leadership Summit, Lecture Hall, 8:30 a.m.

United Students continued ...

cup of coffee and tell us what's on your mind. In addition, students can use any of the resources available in the student government office.

But I wasn't going to stop at passes and coffee. In February we have the 19th annual Legislative Affairs Conference, where student leaders from across the state will be lobbying at the Capitol for increased funding for the University of Alaska. Our goal there is to make your education more affordable. All students are welcome to attend. Coming in April, we are sponsoring a speaker for the Pillars of America luncheon and a limited amount of tickets will be available for interested students. In addition, the most recent attempt at reaching the students is the Roundtables with President. This will be a semi-monthly roundtable with an open forum for discussion on a specific topic. Our first roundtable discussed cancelled classes and was a great success. The next topic will deal with upcoming changes that may negatively impact the students.

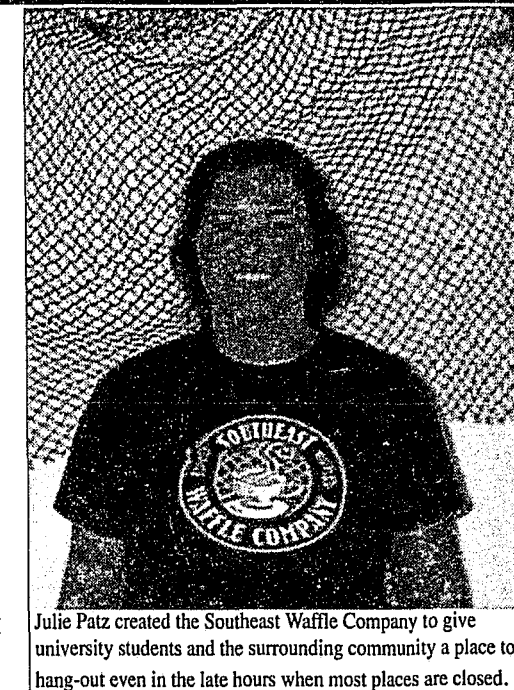
Finally, I am most proud to tell you that on March 20th and 21st, UAS will be hosting the first UAS Wintergames. I began working on this project last semester and recruited the help of Eaglecrest, Friends of Eaglecrest, and the Student Activities department and the project will finally be a reality. The Wintergames will involve two days of downhill skiing and snowboarding competition open to UAS students and the community. On the night of the 21st, we will celebrate the end of those two days of fun with an awards ceremony, live music and food. I worked hard to create something on the level of college athletics for the students that I represent, and I am extremely excited that the opportunity to compete in a school organized sporting event will be available to the students of this university.

But, alas, my job is never done. I am at Plato's beginning. I hope to make the Wintergames an annual event, available in the years to come. Thus I have my work cut out for me. However, I am never too busy to be stopped in the halls, called in the office, or sent an e-mail (I'm the black one with the dreadlocks). And neither are your student senators. Please stop us at any moment and voice your concerns. The Student Government Office is located in the lower floor of the Mourant Building, or you can reach us at 465-6517 or jypres@uas.alaska.edu. We, as your student government, cannot find a solution if we don't know about a problem.

What can I do with my UAS Student ID?

Lots of fun activities and events for free or at a discounted price
Discounts around town at participating businesses
Discounted Perseverance Theater tickets
Discounted Eaglecrest tickets
Discounted swim passes
Membership at the SAC (7cr +)
Restricted free membership to the JRC/Alaska Club*
\$18.90 monthly bus passes*

*full time students only



Julie Patz created the Southeast Waffle Company to give university students and the surrounding community a place to hang-out even in the late hours when most places are closed.

Waffles continued ...

smoothies and hopes that in the near future that will be possible.

Owning a business is less than easy and Julie is finding herself with many projects that need to be completed. Many projects include getting menus, making business cards, and she has a plan to have Friday night raves where a band can come in and play music. Julie also finds herself doing the bookkeeping and running errands when needed, which is why she is so happy to have the help of four friends and her younger brothers.

Although the Southeast Waffle Company now takes up plenty of Julie's time, she is glad she took the initiative to create it, "If you have a good idea, just do it. Take that step."

Student Senator election results

Our new student senators are:
Maria Silva (38 votes)
William Branlund (20 votes)
Carolyn Garcia (16 votes)

The write-ins were:
Leslie Curran (15)
Clara Weishahn (1)
Amanda Sauro (1)
Loui Silva (1)
Daniel Garcia (1)
Alex Marvel (1)
Anna Gagne-Hawes (1)
Heather Williams (1)
Colleen Webb (1)
Holly Mitchell (1)
Rose Natkong (1)

Arts & Entertainment

Friday the 13th Quiz

Are you a superstitious person?

- What is the name for the fear of the number 13?
A: Xanthophobia
B: Triskadekaphobia
C: Pogonophobia
- What happened to the survivors of a plane crash in the Andes on Friday the 13th 1972?
A: They abseiled down a mountain and were saved
B: They all vowed never to fly again
C: They turned into cannibals and ate each other
- Where does the word Friday come from?
A: Freya and Frigg (Norse goddesses)
B: People have always fried fish on this day
C: Friday means 'last day of the week'
- Who directed the classic horror film "Friday the 13th"?
A: Chris Columbus
B: Sean S Cunningham
C: Francis Ford Coppola
- How much money could be lost because people will not shop, travel, or take risks on Friday the 13th?
A: 600 thousand
B: 750 million
C: Lets just say billions
- What does 'paraskevidekatriphobia' mean?
A: The fear of Fridays
B: The fear of the number 13
C: The fear of Friday the 13th
- What percentage of Americans will risk their lives rather than walk under a ladder?
A: 85 percent
B: 50 percent
C: 25 percent
- How many Friday the 13th movies was the series comprised of?
A: 8
B: 7
C: 9
- About how many Americans suffer from paraskevidekatriphobia?
A: 17 to 21 million
B: 25 to 30 million
C: 5 to 9 million
- What day will the Navy not launch any ships?
A: Friday the 6th
B: Sundays
C: Friday the 13th
- What are some of the symptoms of paraskevidekatriphobia?
A: Nausea and a headache
B: A headache and mild anxiety
C: a nagging sense of doom to a full anxiety attack
- On Friday the 13th some people will not...
A: Walk
B: Get out of bed
C: Open their eyes
- Who played Jason three times in the "Friday the 13th" series?
A: Ted Cassidy
B: Kane Hodder
C: Don Siegel
- What do some people do to ward off evil spirits?
A: Throw salt over their shoulder
B: Step on a crack
C: Spill salt
- What would hanging a horseshoe the wrong way do?
A: Cause bad luck
B: Nothing
C: Cause good luck

How superstitious are you?

15 right—You are a very superstitious person. Please don't break any mirrors or walk under any ladders any time soon
10-14 right—Semi-superstitious person. You could probably spill a little salt and have no problems. However, stick away from broken mirrors.
5-9 right—Mild-superstitious person. You enjoy life with a little caution. You could probably handle an open umbrella and spilt salt all in one horrific calamity.
0-4 right—Not superstitious. Go out and party. You can play under ladders, spill salt, walk in the path of a black cat, and even place a backwards horseshoe up in your window. No worries because you don't believe...right?

Buckle Up!
It's the LAW

11 (C) 12 (B) 13 (B) 14 (A) 15 (A)
1 (B) 2 (C) 3 (A) 4 (B) 5 (B)
6 (C) 7 (A) 8 (B) 9 (A) 10 (C)

Answers

Web winners: Helping you keep tabs on the election

By Reid Kanaley
Knight Ridder Newspapers
(KRT)

The presidential primary season goes on for months, but keeping track may be less troublesome if you stop in at these Web sites.

PRIMARY DATES

Project Vote Smart lists primary dates for all the states. The voting goes on and on, with the last primaries coming June 8 in New Jersey and Montana. www.votesmart.org/election_president_state_primary_dates.php

POLITICS TODAY

This nonpartisan Web site generates a "newsletter" tailored to the state or primary that you click on. The links go to articles from newspapers and other news sites around the country. We found plenty of stories about Kerry rising, Dean falling and the march to Super Tuesday, March 2.

http://www.uspoliticstoday.com/newsletter_list.php?category_id=764

PRESIDENT MATCH

Sort of like a dating site, this one matches you up with the candidate of your dreams. Or something like that. Just answer a few questions about your own views on key issues, such as abortion, Iraq and the economy, and the site _ an offering from AOL and Time magazine _ ranks the candidates accordingly. Warning: Unless you know yourself pretty well, the results may frighten.

<http://www.presidentmatch.com/Main.jsp2?cp=main>

ALL OVER

Why bother voting? The authors of this Web article have already calculated the presidential race winner, supposedly based on an algorithm formulated from the outcomes of every election since 1789. We won't say whom the authors picked, but if they are correct, it'll be another boots and barbecue inauguration.

<http://members.bellatlantic.net/TILDE/vze3fs8i/Elections.htm>

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Young people still making black history

By E.R. Shipp
New York Daily News

The thing about Black History Month is that it's too short _ February is the shortest month _ and it's too often a simplistic display of what might be called black trivia. Who invented the traffic light? Who came up with the plan for Washington? Who came up with umpty-hundred uses for peanuts?

Who invented the traffic light? But the other night I saw, and, more importantly, felt a reason to celebrate. It was an occasion to remind us that it's often young people who spur us to reform. These young folks, ranging in age from the teens to the 40s _ were blacks, whites, Latinos and Asians who were being honored for their activism. It was, as the Rev. James Forbes put it in his inimitable style, an affirmation "that it's the people who make the difference when they learn to walk together."

The honorees represented a continuation of the "Long Walk to Freedom." An exhibit of that name is on display at Riverside Church, giving recognition to 16 people, black and white, whose efforts during the civil rights movement made a difference but went largely unrecognized. History student that I am, I didn't know, for instance, that Roberta Yancy, now a public relations specialist at the Schomburg Center for Research in Black Culture, first made her mark as a high school student in Pennsylvania. She challenged the "whites only" snack bars in her hometown and was charged with disorderly conduct for doing so. After she graduated from Barnard College in 1962, she went on to a leadership role in the Student Nonviolent

Who came up with the plan for Washington?

See "Black History" on pg. 12

Haute chocolate

A sip of sophistication

By Aleta Watson
Knight Ridder Newspapers
(KRT)

For too long, we Americans have settled for watery instant cocoa in our persistent quest for quick and easy hot chocolate. But times are changing. Top pastry chefs are taking a page from Parisian cafes and transforming the humble cup of winter comfort into a luxurious dessert for sophisticated chocoholics.

This hot chocolate is more about cacao beans than cocoa powder. It may be made with milk, cream or merely water and it could contain spices ranging from chile to cinnamon. Yet good chocolate _ usually bittersweet _ is always the star and sugar stays discreetly in the background.

Nancy Silverton, pastry chef and co-owner of Los Angeles' Campanile restaurant, aims her hot chocolate at grown-ups.

"To be honest, it's not a kids' hot chocolate because it's way too chocolate, it's not sweet enough and it's way too thick," says Silverton, who patterned her

"When the French serve hot chocolate ... it's always perfect"

—Nancy Silverton

recipe on the chocolat en tasse she was served in Paris at Angelina's; the roccoco tea shop near the Louvre renowned for its hot chocolate. That's where she first saw the technique of cooking down chocolate and milk until they are velvety thick and deeply flavored.

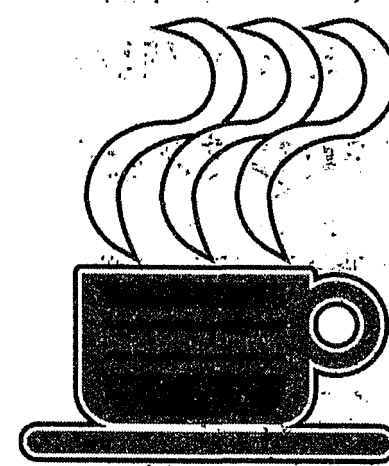
"When the French serve hot chocolate," she says, "it's always a very small amount, it's always special and it's always perfect."

The good news is that it's fairly easy to produce an impressive cup of molten chocolate at home. All it takes is top-quality chocolate and a bit of patience.

Silverton's "World's Best Hot Chocolate," which includes cocoa powder for intensity and color, simmers half an hour to achieve its luscious texture. But Dorie Greenspan's interpretation of the hot chocolate served at the famed Laduree patisserie in Paris gets its flavor exclusively from an excellent bittersweet chocolate such as Valrhona, with a minimum cacao content of 60 percent.

Chopping chocolate can pose some challenges because the flakes tend to fly all over the kitchen. To minimize the mess, I use a serrated knife and shave shards from the edges of the bars rather than hack away larger chunks.

There's plenty of room for personal taste here. I've enjoyed Parisian pastry chef Pierre Herme's hot chocolate made in the 17th-century style _ with water as the only liquid _ as much as I have richer versions bolstered with cream. Most renditions benefit from a trip through the blender to give them a foamy lift.



Chocolate this rich can stand on its own. Still, a dollop of whipped cream, a drop of cognac or a delicate and tender homemade marshmallow can lift it to a more elegant plane. Marshmallows aren't that difficult to make as long as you have a candy thermometer, and they're bound to impress guests we expect them to come out of a plastic bag. As an alternative, Whole Foods markets sell delicious hand-cut marshmallows in the bakery department.

Just don't serve your connoisseurs' chocolate in the same big mugs you'd use for the kids' cocoa. Flavors this big are best savored in small servings.

PIERRE HERME'S ORIGINAL HOT CHOCOLATE

Serves 2
2 cups water
1/2 cup sugar
4 1/2 ounces bittersweet chocolate, melted
1/2 cup Dutch-processed cocoa powder

Bring water and sugar to boil in medium saucepan, stirring until sugar dissolves. Add chocolate and cocoa and, stirring with whisk, heat until one bubble pops on surface. Remove saucepan from heat and whip about a minute with immersion blender or in regular blender. Serve immediately or pour into a container to cool.

Note: Can be made up to two days ahead and refrigerated, tightly covered. To reheat, pour into medium saucepan over low heat and cook, whisking gently, just until first bubble pops. Remove from heat, whip for a minute and serve.

From "Chocolate Desserts by Pierre Herme," by Dorie Greenspan
Per serving: 419 calories, 6g protein, 23g fat (12g saturated), 64g carbohydrate, 77mg sodium, 0mg cholesterol, 1g dietary fiber.

Get discounted Eaglecrest lift tickets with your UAS student ID at the bookstore!

"WORLD'S BEST" HOT CHOCOLATE

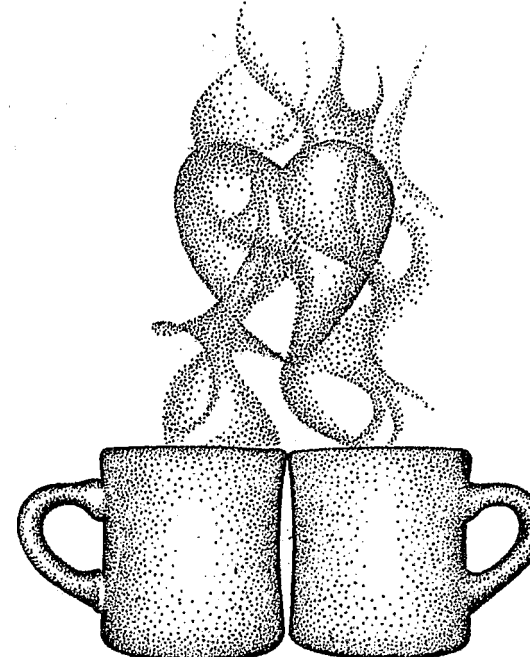
Serves 5
3 cups whole milk
1 cup heavy cream
1/2 cup sugar
1/2 cup unsweetened cocoa powder
1/2 teaspoon cardamom
1 cinnamon stick
1 teaspoon vanilla extract
2 1/2 ounces bittersweet chocolate, coarsely chopped

In large, heavy saucepan, combine milk, cream, sugar, cocoa, cardamom and cinnamon stick. Bring to boil over medium-high heat. Reduce heat to low and simmer about 30 minutes, until slightly thickened.

Stir in chocolate and cook a few more minutes until melted and incorporated. Stir in vanilla.

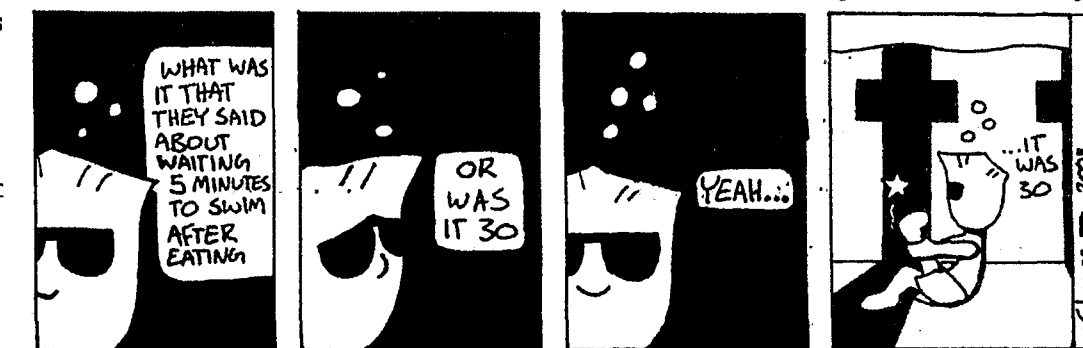
Serve hot or refrigerate and reheat when ready to use. If it's too thick or chocolatey for your taste, thin with milk.

Adapted from "Pastries from the La Brea Bakery," by Nancy Silverton
Per serving: 375 calories, 8g protein, 28g fat (17g saturated), 29g carbohydrate, 91mg sodium, 86mg cholesterol, 2g dietary fiber.



Babe Watch

by Shawn Mobley



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What's your B.H.I.Q.?

(Black history intelligence quotient)

BY ELI SANDERS
The Seattle Times

Black History Month began with historian Carter G. Woodson, who early in the last century came up with the idea for a "Negro History Week," which he envisioned as a celebration of black history and achievement, as well as a time for education.

In 1926, with the support of the Association for the Study of Negro Life and History, the first "Negro History Week" was held during the second week in February. The timing was meant to honor the birthdays of abolitionist Frederick Douglass and President Lincoln. Over the years, the event grew in popularity, and in the early 1970s, the association (which later changed its name, replacing the word "Negro" with "Afro-American") expanded the celebration and renamed it "Black History Month."

Now, in keeping with Woodson's idea of focusing on black history and education, we offer this Black History Month quiz.

- The founder of the Nation of Islam was:
a) Elijah Muhammad.
b) Elijah Wood.
c) Ralph Ellison.
- Thurgood Marshall was:
a) A prominent black thinker and architect of the Marshall Plan.
b) The first black Supreme Court justice.
c) A Harlem Renaissance writer.
- Negro League pitcher Satchel Paige played with which famous band leader:
a) Benny Goodman.
b) Duke Ellington.
c) Louis Armstrong.
- Which amendment to the Constitution guaranteed black people (and all citizens) equal protection under the law?
a) The 15th.
b) The 26th.
c) The 14th.
- Black people, women and people ages 18 to 21 have all been kept from voting at some point in the history of the United States. In what order were these groups given the right to vote?
a) Black men, then women, then people 18 to 21.
b) People 18 to 21, then black men, then women.
c) Women, then black men, then people 18 to 21.
- What landmark 1954 Supreme Court decision struck down the idea of "separate but equal" schools for black people and whites?
a) Plessy v. Ferguson.
b) Brown v. The Board of Education of Topeka, Kan.
c) University of California v. Bakke.
- The incarceration rates for black people in America have long been decried as a reflection of a biased justice system. At the end of 2000, what percentage of all black males in the United States ages 25 to 29 was in prison? (For comparison, the answer is 2.9 percent for all Hispanic males in that age group, and 1.1 percent for all white males.)
a) 5.6 percent.
b) 9.7 percent.
c) 24.3 percent.
- The holiday Juneteenth commemorates the day in 1865 when:
a) Abraham Lincoln signed the Emancipation Proclamation, thus freeing slaves.
b) Word reached Texas that Lincoln had signed the Emancipation Proclamation.
c) Lincoln declared war with the South over the issue of slavery.
- U.N. Secretary-General Kofi Annan, the first secretary-general from sub-Saharan Africa, is from what country:
a) Ghana.
b) South Africa.
c) Nigeria.

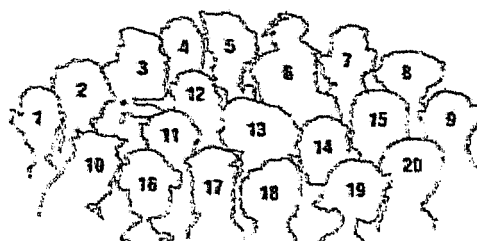
Black History Quiz
Knight Ridder Papers

True or false:

- When the United States' founding fathers wrote "all men are created equal," they meant black people, too.
- In the "Tuskegee Experiment," the United States monitored 399 black men with syphilis for 40 years to see what would happen to them — even though the men were never told they had syphilis and a cure for the disease was discovered decades before the experiment ended.
- The holiday Kwanzaa was created by black activist and scholar Maulana Karenga in 1966.
- Participants in the Harlem Renaissance included Jean Toomer, Langston Hughes, Zora Neale Hurston and Claude McKay.
- The historically black college Howard University is located in Atlanta.

15. Match the following black Americans with their ideas:

- | | |
|--|--------------------------|
| A. "It is not integration that Negroes in America want, it is human dignity." | ■ Martin Luther King Jr. |
| B. "I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'" | ■ W.E.B. Du Bois |
| C. Encouraged black people to pick themselves up by their "bootstraps" and said: "In all things that are purely social, we can be as separate as the fingers, yet one as the hand in all things essential to mutual progress." | ■ Malcolm X |
| D. Wanted to start a colony of black Americans in Liberia and said: "There shall be no solution to this race problem until you yourselves strike the blow for liberty." | ■ Booker T. Washington |
| E. Wrote "The Souls of Black Folk" and said of Booker T. Washington: "(When) Mr. Washington apologizes for injustice, does not rightly value the privilege and duty of voting, belittles the emasculating effects of caste distinctions, and opposes the higher training and ambitions of our brighter minds ... we must unceasingly and firmly oppose (him)." | ■ Maya Angelou |
| F. Read the poem, "On the Pulse of Morning" at President Clinton's inauguration: "You, created only a little lower than/The angels, have crouched too long in/The bruising darkness/Have lain too long/Face down in ignorance/Your mouths spilling words/Armed for slaughter/And the Rock cries out to us today, you/may stand upon me/But do not hide your face." | ■ Zora Neale Hurston |
| G. Wrote the poem, "Harlem," a passage from which reads: "What happens to a dream deferred? Does it dry up/like a raisin in the sun? Or fester like a sore — /And then run? ... Maybe it just sags/like a heavy load./Or does it explode?" | ■ Langston Hughes |
| H. "I do not belong to the sobbing school of Negrohood who hold that nature somehow has given them a lowdown dirty deal and whose feelings are all hurt about it. Even in the helter-skelter skirmish that is my life, I have seen that the world is to the strong regardless of a little pigmentation more or less. No, I do not weep at the world — I am too busy sharpening my oyster knife." | ■ Marcus Garvey |



- | | |
|---|---|
| 1. Jesse Owens: Olympic athlete | 11. Granville T. Woods: Inventor |
| 2. Harriet Beecher Stowe: Author of "Uncle Tom's Cabin" | 12. Henry Highland Garnet: Abolitionist |
| 3. Joe Louis: Athlete | 13. Frederick Douglass: Abolitionist |
| 4. Hiram R. Revels: First black U.S. senator | 14. Martin Luther King: Civil rights leader |
| 5. Abraham Lincoln: President when slaves were freed | 15. Thurgood Marshall: Supreme Court justice |
| 6. Marcus Garvey: Back to Africa movement leader | 16. Sojourner Truth: Abolitionist |
| 7. John Brown: Abolitionist | 17. Elijah J. McCoy: Inventor; "The Real McCoy" |
| 8. Harriet Tubman: Abolitionist | 18. Rosa Parks: Civil rights leader |
| 9. Booker T. Washington: Educator | 19. Marian Anderson: Singer |
| 10. Duke Ellington: Musician | 20. Barbara Jordan: Politician |

ANSWERS: 1. A; 2. B; 3. C; 4. C; 5. A; 6. D; 7. B; 8. B; 9. A.
10. False. When this country was founded, blacks were not considered equal. In fact, the government counted each black as only three-fifths of a person.
11. True. Years after the experiment, modest cash payments were given to survivors and their families. And in 1997, President Clinton issued a formal apology, saying the experiment was "racist" and "profoundly, morally wrong."
12. True. Karenga wanted to "give a black alternative to the existing holiday." At the center of Kwanzaa are its seven principles, which are represented by seven candles: *umwa* (unity), *ujjichagulia* (self-determination), *ujima* (collective work and responsibility), *ujamaa* (cooperative economics), *nia* (purpose), *kuumba* (creativity) and *imani* (faith).
13. True.
14. False. Howard University is located in Washington, D.C.
15. A. Malcolm X.
16. Martin Luther King Jr.
17. Booker T. Washington.
18. Marcus Garvey.
19. W.E.B. Du Bois.
20. Maya Angelou.
21. Langston Hughes.
22. Zora Neale Hurston.

Black History continued ...

Coordinating Committee. Who knew?

And I certainly had not heard of the younger generation of men and women honored Sunday night. Folks like Rachel Lloyd, whose organization, GEMS — Girls Educational and Mentoring Services — deals with the sexual exploitation of young women.

Gessy Nixon, who grew up in an abusive home, works through Voices of Youth to train those who manage the foster care system, providing the perspective of young people who've come through that system.

Hosea Givan is humbled by the notion his work carries on the legacy of the Rev. Martin Luther King Jr. and others we revere in February. But he also sees his role as different from theirs: "If I can save 20 lives a year or can redirect 20 lives a year, that's a major contribution. I don't have to lead a march to make an impact."

He and the others — Isis Sapp-Grant, Jane Bai, Chhaya Chhoum, Sayu Bhojwani, Oona Chatterjee, Andrew Friedman, Jason Warwin, Susan Wilcox, Khary Lazarre-White — are there "in the biting cold and the searing heat," as Forbes put it. As their mentor, the Rev. Alfonso Wyatt, vice president of the Fund for the City of New York, made clear, they often operate not on shoestring budgets but on "wish budgets." And they're tackling issues that many of us older folks don't spend our days dwelling on: gentrification, welfare benefits, immigration, domestic violence, sexual abuse, racism, economic inequality.

"Struggle," said Wyatt, is what people do when they "care so much for others that they are willing to inconvenience themselves."

I can't think of a better way to observe Black History Month, that time of the year when we focus on all that black folks have contributed — and still contribute — to the making of America. The struggle does continue.

E.R. Shipp is a columnist for the New York Daily News. She won the Pulitzer Prize for commentary in 1996. Readers may write to her at the New York Daily News, 450 West 33rd Street, New York, N.Y. 10001; e-mail: eshipp2002(AT)hotmail.com.

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